

## CLAIMS

1. A composition for improving peripheral blood flow, comprising, as an active ingredient, an extract of a plant of the  
5 genus *Lepidium* of the family *Cruciferae*.
2. The peripheral blood flow-improving composition according to claim 1, wherein the plant of the genus *Lepidium* of the family *Cruciferae* is maca (*Lepidium meyenii* Walp).
3. The peripheral blood flow-composition according to  
10 claim 1, containing a maca extract as an active ingredient.
4. The peripheral blood flow-composition according to claim 3, wherein the maca extract is obtained by adding an aqueous ethanol solution to a crushed maca product, and by maintaining the mixture at 40 to 85° C for extraction.
- 15 5. A food and beverage product, perfume and cosmetic, or pharmaceutical product containing the peripheral blood flow-composition according to any of claims 1 to 4.